

FIGURE 5

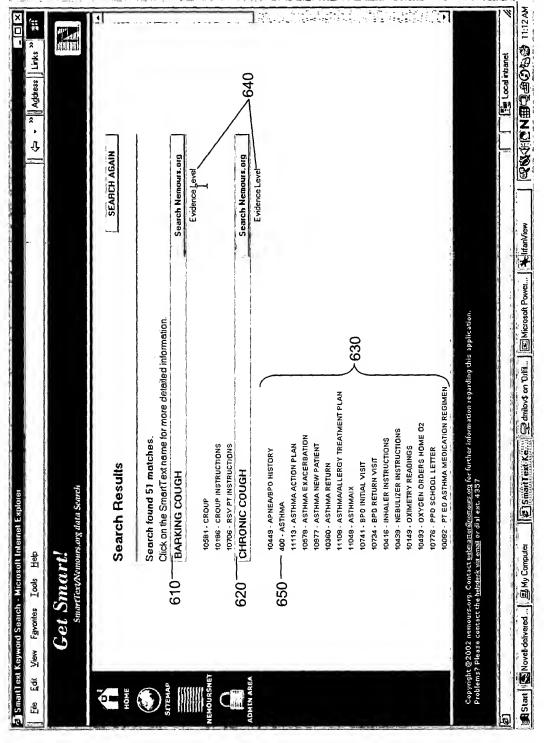


FIGURE 6

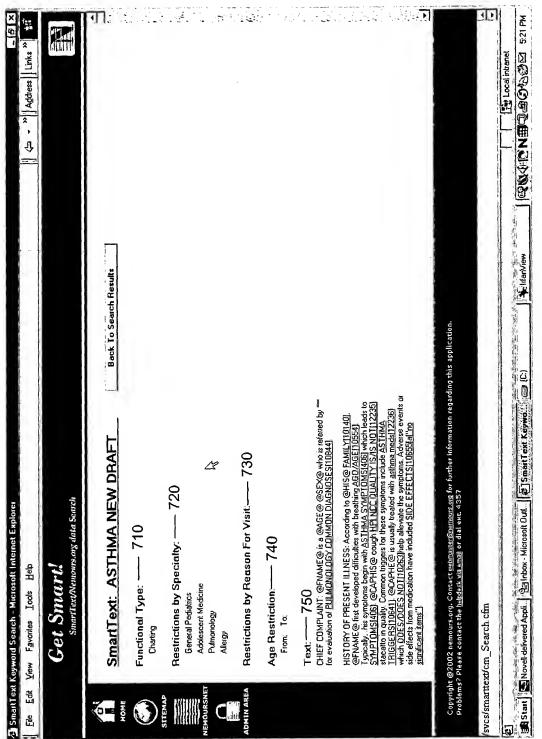


FIGURE 7

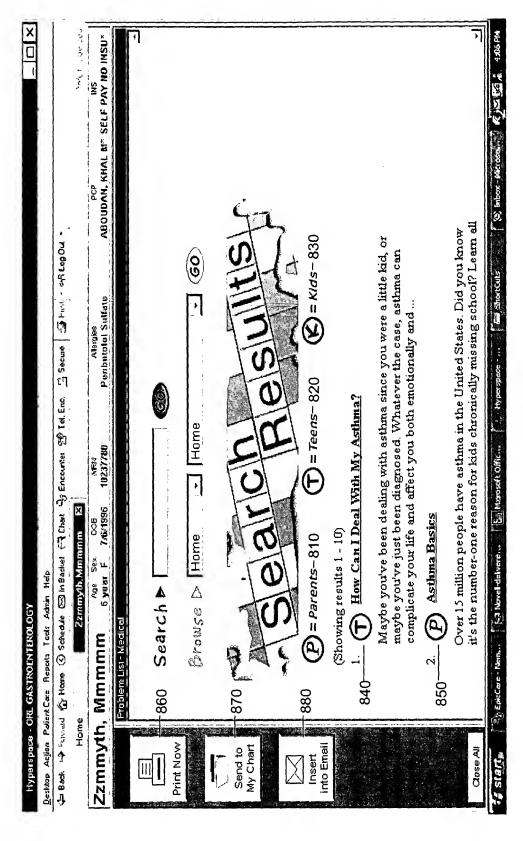


FIGURE 8

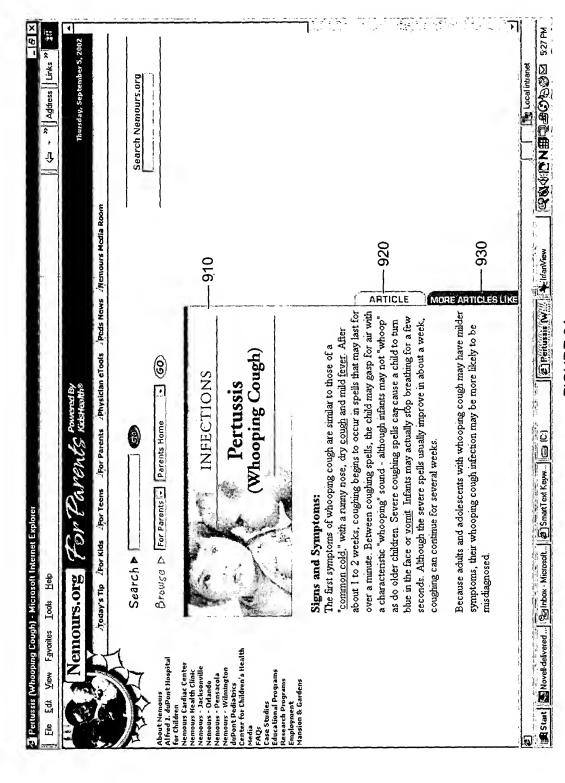
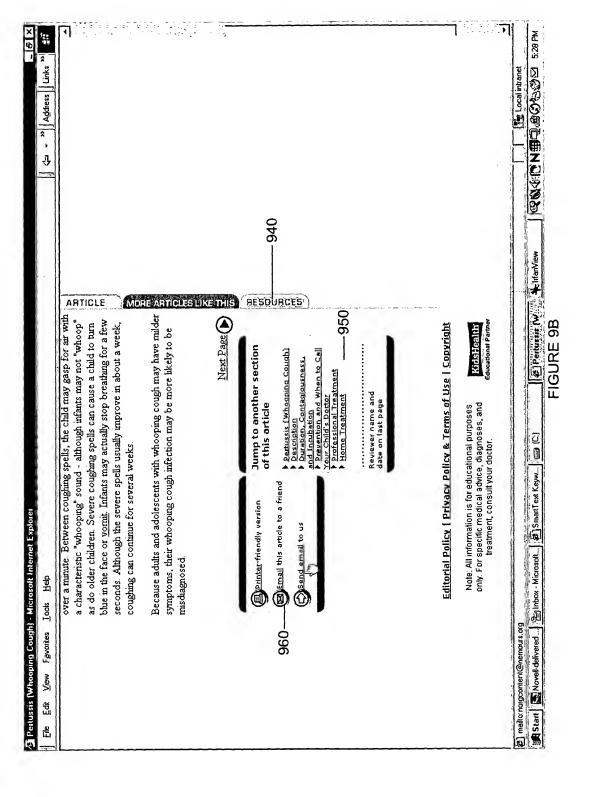


FIGURE 9A



Nemours Children's Clinics Wilmington, DE 19803 1600 Rockland Road www.nemours.org (302) 651-4000

Nemours.org

How Can I Deal With My Asthma?

Maybe you've been dealing with asthma since you were a little kid, or maybe you've just been diagnosed. Maybe you only wheeze during <u>exercise</u>, or maybe you find it hard to breathe when you're around cats. Whatever the case, asthma can complicate your life and affect you both emotionally and physically Because of the restrictions asthma places upon their lives, teens with asthma may feel that they are Medication may also be an issue - some teens would rather not use inhalers, spacers, or peak flow meters (a device that measures air flow from the lungs) in front of their friends. If a teen has asthma that is aggravated by pets such as dogs or cats, he might not be able to visit the homes of could mean shorter practices if they're on a sports team or perhaps no sports participation at all different from their friends and classmates. For these teens, exercise may be restricted, which friends with those pets.

physical activities, even those approved by their doctors, Teens react in different ways to the complications that teens may find that asthma is a convenient way to get out of chores or gym class. Still others may deny they have asthma at all and may forget or refuse to take because they are worned about having a flare. Other asthma brings to their lives. Some stay away from all preventive asthma medications.

Bronchioles

Alvoor

have increased in recent years. Although this is partially avoiding using an inhaler because their friends will make asthma symptoms and flares and can endanger a teen's Not following an asthma treatment program can lead to life. In fact, deaths from asthma among kids and teens to the fact that "asthma is becoming more common," says Dr. McGeady, "not taking medications, such as

Diaphragm

So how can vou follow vour asthma management program and still lead a normal life? Try these fun of them, and entering the homes of friends with cats or dogs" are other possible causes contributing to teen deaths from asthma.

FIGURE 10

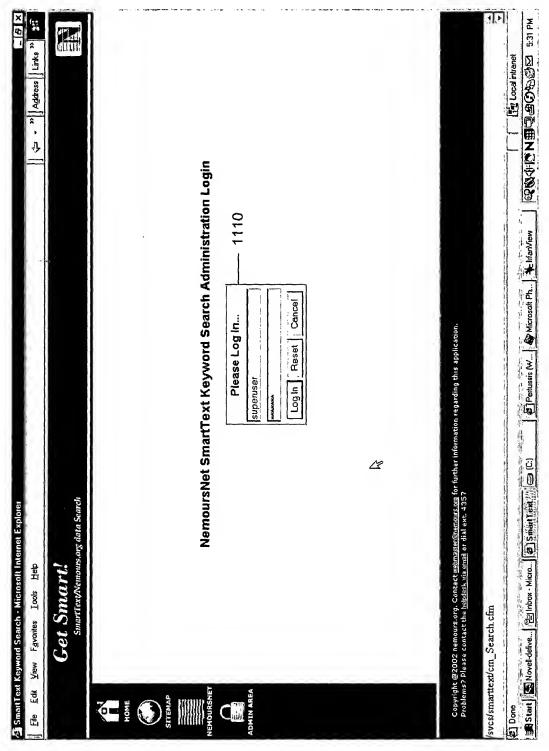


FIGURE 11

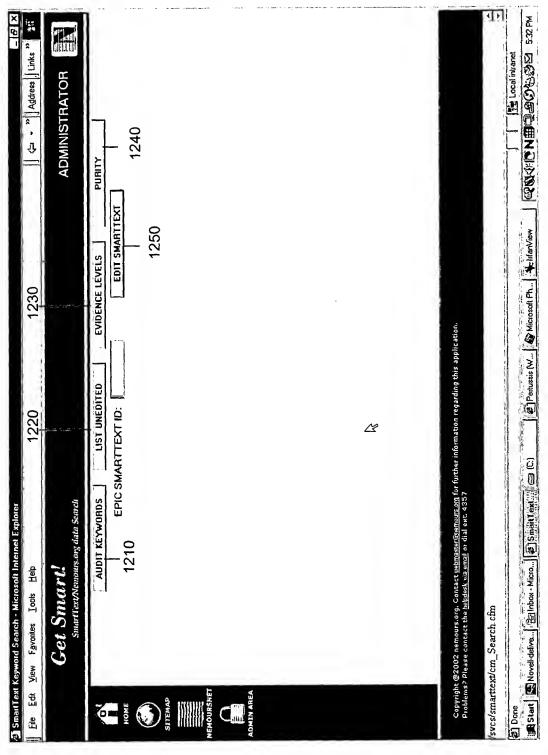


FIGURE 12

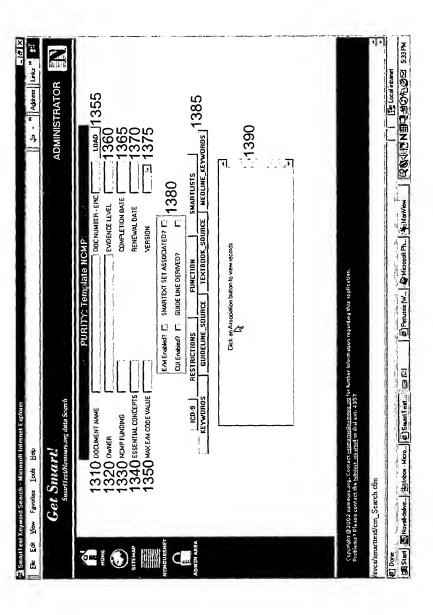


FIGURE 13

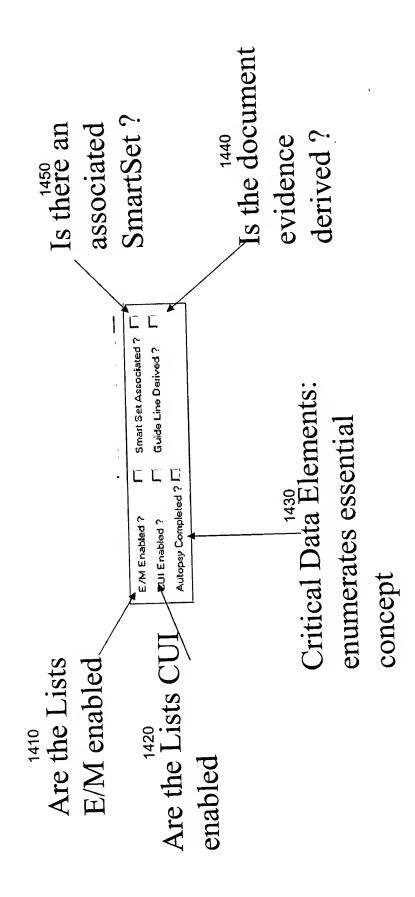
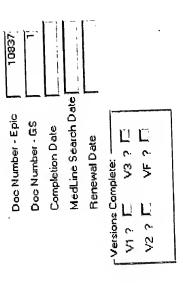


FIGURE 14



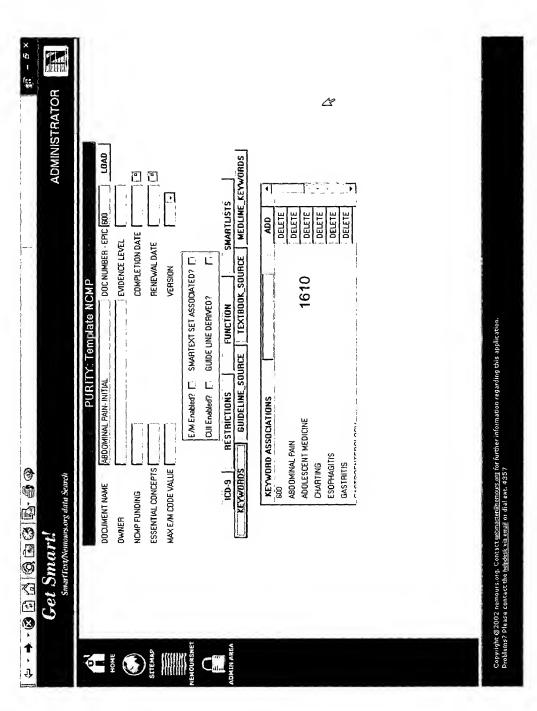


FIGURE 16